

# **GREAT VESPERS**



***ST. NICHOLAS OF JAPAN ORTHODOX CHURCH,  
BRIXTON, JOHANNESBURG***

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## Great Vespers

As celebrated at St. Nicholas of Japan Orthodox Church, Johannesburg

*(Lights are dimmed)*

*Deacon:* Arise, Master, give the blessing.

*Priest:* Blessed is our God always, now and ever and unto ages of ages.

*Choir:* Amen

Come, let us worship God, our King!

Come, let us worship and fall down before Christ, our King and our God!

Come, let us worship and fall down before Christ, Himself our King and our God!

Come, let us worship and fall down before Him!

### **(Psalm 104)**

Bless the Lord, O my soul, blessed art Thou, O Lord blessed art Thou.

Bless the Lord, bless the Lord O my soul, O my soul.

O Lord my God Thou art very great, Thou art very great.

Blessed art Thou, blessed art Thou O Lord.

How glorious are Thy works, O Lord, in wisdom hast Thou made them all!

Glory to Thee, O Lord, glory to Thee.

Who hast created, who hast created all!

Glory to the Father, and to the Son, and to the Holy Spirit,

Now and ever and unto ages of ages. Amen.

Alleluia! Alleluia! Alleluia! Glory to Thee, O God! (x3)

### **The Great Litany**

*Deacon:* In peace, let us pray to the Lord.

*Choir:* Lord have mercy.

*Deacon:* For the peace from above and for the salvation of our souls,  
Let us pray to the Lord.

*Choir:* Lord have mercy.

*Deacon:* For the peace of the whole world, for the welfare of the holy  
churches of God and for the union of all, let us pray to the Lord.

*Choir:* Lord have mercy.

*Deacon:* For this holy house and for those who enter with faith, reverence  
and the fear of God, let us pray to the Lord.

*Choir:* Lord have mercy.

*Deacon:* For his beatitude Pope and Patriarch ....., our Archbishop ....., for  
the honourable priesthood, the diaconate in Christ, for all the clergy  
and the people, let us pray to the Lord.

*Choir:* Lord have mercy.

*Deacon:* For the president of our country, for all civil authorities, and for the  
armed forces everywhere, let us pray to the Lord.

*Choir:* Lord have mercy.

*Deacon:* For this city, for every city and country and for the faithful dwelling in  
them, let us pray to the Lord.

*Choir:* Lord have mercy.

*Deacon:* For seasonable weather, for abundance of the fruits of the earth and  
for peaceful times, let us pray to the Lord.

*Choir:* Lord have mercy.

*Deacon:* For travellers by land, by sea and by air; for the sick and the  
suffering; for captives and their salvation, let us pray to the Lord.

*Choir:* Lord have mercy.

*Deacon:* For our deliverance from all affliction, wrath, danger and necessity, let us pray to the Lord.

*Choir:* Lord have mercy.

*Deacon:* Help us, save us, have mercy on us and keep us, O God, by thy grace.

*Choir:* Lord have mercy.

*Deacon:* Commemorating our most holy, most pure, most blessed and glorious Lady Theotokos and ever-virgin Mary, with all the saints let us commend ourselves and each other and all our life unto Christ our God.

*Choir:* To Thee, O Lord.

*Priest:* For unto Thee are due all glory, honour and worship; to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages.

*Choir:* Amen.

### **Blessed is the Man (First Antiphon)**

Blessed is the man who walks not in the counsel of the wicked.  
Alleluia! Alleluia! Alleluia!

For the Lord knows the way of the righteous, but the way of the wicked will perish. Alleluia! Alleluia! Alleluia!

Serve the Lord with fear and rejoice in Him with trembling!  
Alleluia! Alleluia! Alleluia!

Blessed are all who take refuge in Him! Alleluia! Alleluia! Alleluia!

Arise O Lord! Save me O my God! Alleluia! Alleluia! Alleluia!

Salvation belongs to the Lord! Thy blessing be upon Thy people!  
Alleluia! Alleluia! Alleluia!

Glory to the Father and to the Son and to the Holy Spirit,  
Alleluia! Alleluia! Alleluia!

Now and ever and unto ages of ages. Amen.  
Alleluia! Alleluia! Alleluia!

Alleluia! Alleluia! Alleluia! Glory to Thee, O God! (3x)  
Glory to Thee!

### **The Little Litany**

*Deacon:* Again and again let us pray to the Lord!

*Choir:* Lord Have mercy.

*Deacon:* Help us, save us, have mercy on us and keep us, O God, by thy grace.

*Choir:* Lord have mercy.

*Deacon:* Commemorating our most holy, most pure, most blessed and glorious Lady Theotokos and ever-virgin Mary, with all the saints let us commend ourselves and each other and all our life unto Christ our God.

*Choir:* To Thee, O Lord.

*Priest:* For Thine is the majesty, and Thine is the Kingdom and the power and the glory: of the Father, and of the Son and of the Holy Spirit, now and ever and unto ages of ages.

*Choir:* Amen. *(Server to lead deacon or priest while incensing)*

### **Lord I Call**

*Choir:* Lord, I call upon Thee, hear me!  
Hear me, O Lord.

Lord, I call upon Thee, hear me! Hear me!  
Receive the voice of my prayer,  
when I call upon thee!  
Hear me, O Lord!

Let my prayer arise  
in Thy sight as incense  
and let the lifting up of my hands  
be an evening sacrifice.  
Hear me O Lord!

*The following verses are alternated with verses from Resurrectional stichera according to the tone of the week (see page 15), followed by verses from the Menaion or Triodion, pertaining to the particular day.*

10. Bring my soul out of prison, that I may give thanks to Thy Name!
9. The righteous will surround me; for you will deal bountifully with me.
8. Out of the depths I cry to you O Lord. Lord hear my voice.
7. Let your ears be attentive to the voice of my supplication!
6. If Thou, O Lord, should mark iniquities, Lord who could stand?  
But there is forgiveness with Thee.
5. For Thy name's sake I have waited for You, O Lord, my soul has waited for Thy word; my soul has hoped on the Lord.
4. From the morning watch until night, from the morning watch let Israel hope on the Lord!

3. For with the Lord there is mercy and with Him is plenteous redemption, and He will deliver Israel from all his iniquities.

2. Praise the Lord, all nations! Praise Him all peoples!

1. For His mercy is abundant towards us; and the truth of the Lord endures forever.

Glory to the Father and to the Son and to the Holy Spirit;

Now and ever and unto ages of ages. Amen.

*The Theotokion that follows is in the tone of the week.*

*Priest:* Accept our evening prayers, O Holy Lord! Grant us remission of sins, for alone Thou hast manifested the Resurrection to the world!

*Priest:* In the evening, the morning and at noonday, we praise, bless, give thanks and pray to Thee, O Master of all. Let our prayer arise in Thy sight as incense, and do not give our hearts to words or thoughts of evil. Deliver us from all who seek our souls, for to Thee, o Lord, Lord, do we look and on Thee have we hoped, that Thou wilt not forsake us, O our God! *(Royal doors open. Server to lead procession.)*

For unto thee are due all glory, honour, and worship: to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

**O Gladsome Light (Φως Ιλαρόν)**

*(Turn lights up.)*

*Deacon:* Bless Master the holy entrance

*Priest:* Wisdom! Let us attend!

*Choir:* O Gladsome light of the holy glory of the immortal Father:



Heavenly holy, blessed Jesus Christ!  
Now that we have come to the setting of the sun and behold the  
light of evening,  
We praise God, Father, Son, and Holy Spirit!  
For meet it is at all times to worship Thee with voices of praise,  
O Son of God and giver of life,  
Therefore all the world doth glorify Thee!

### **Sunday hymns from Octoechos and Stichera.**

**Prokeimenon** (for Saturday evening)

*(See Page 29 for other days of the week)*

*Deacon:* Wisdom! Let us attend!

*Priest:* Peace be unto all.

*Choir:* And with thy spirit.

The evening prokeimenon is in the 6<sup>th</sup> tone.

The Lord is King. He is robed in majesty!

*Choir:* The Lord is King. He is robed in majesty!

*Priest:* The Lord is robed, He is girded with strength!

*Choir:* The Lord is King. He is robed in majesty!

*Priest:* For He has established the world so that it shall never be moved!

*Choir:* The Lord is King. He is robed in majesty!

*Priest:* Holiness befits Thy house, O Lord, forevermore!

*Choir:* The Lord is King. He is robed in majesty!

*Deacon:* The Lord is King!

*Choir:* He is robed in majesty! *(Royal doors close & lights are dimmed.)*

### **3 Old Testament Readings** *(For feast days only)*

*Priest:* Wisdom let us attend! *(For each reading)*

*Reader:* *(Reader reads the appropriate passage.)*

### **Litany of Fervent Supplication**

*Deacon:* Let us say with all our soul and with all our mind, let us say

*Choir:* Lord have mercy.

*Deacon:* O Lord almighty, the God of our fathers, we pray to Thee, hearken and have mercy.

*Choir:* Lord have mercy.

*Deacon:* Have mercy on us O God, according to Thy great goodness, we pray Thee, hearken and have mercy.

*Choir:* Lord have mercy. (3x)

*Deacon:* Again we pray for the holy Orthodox Patriarchs, for our Pope and Patriarch ..... and for our Archbishop ....., for priests, deacons, and all other clergy, and for all our brethren in Christ.

*Choir:* Lord have mercy. (3x)

*Deacon:* Again we pray for the president of our country, for all civil authorities, and for the armed forces everywhere.

*Choir:* Lord have mercy. (3x)

*Deacon:* Again we pray for the blessed and ever-memorable holy Orthodox Patriarchs; and for the blessed and ever-memorable founders of this holy house; and for all our fathers and brethren, the Orthodox departed this life before us, (and especially for the newly departed

servant(s) of God (names) who here and in all the world lie asleep in the Lord.

*Choir:* Lord have mercy. (3x)

*Deacon:* Again we pray for mercy, life, peace, health, salvation, and visitation for the servants of God ....., and for the pardon and remission of their sins.

*Choir:* Lord have mercy. (3x)

*Deacon:* Again we pray for those who bring offerings and do good works in this holy and all-venerable house; for those who labour and those who sing; and for all the people here present, who await Thy great and rich mercy.

*Choir:* Lord have mercy. (3x)

*Priest:* For Thou art a merciful God, and lovest mankind, and unto Thee we ascribe glory: to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages.

*Choir:* Amen.

### **Vouchsafe O Lord (Καταξίωσω Κύριε)**

*Choir:* Vouchsafe O Lord to keep us this night without sin!  
Blessed art Thou, O Lord, the God of our Fathers,  
And praised and glorified is Thy name forever. Amen.

Let Thy mercy be upon us, O Lord, even as we have set our hope on  
Thee.

Blessed art Thou O Lord, teach me Thy statutes.

Blessed art Thou O Master, Make me to understand Thy  
commandments.

Blessed art Thou, O Holy One, enlighten me with Thy precepts.

Thy mercy, O Lord, endureth forever.

O despise not the works of Thy hands.  
To Thee belongeth worship, to Thee belongeth praise,  
To Thee belongeth glory,  
To the Father and to the Son and to the Holy Spirit,  
Now and ever and unto the ages of ages. Amen.

### **Litany of Supplication**

*Deacon:* Let us complete our evening prayer to the Lord.

*Choir:* Lord have mercy.

*Deacon:* Help us, save us, have mercy on us and keep us, O God, by thy grace.

*Choir:* Lord have mercy.

*Deacon:* That the evening may be perfect, holy, peaceful and sinless, let us ask of the Lord.

*Choir:* Grant it, O Lord.

*Deacon:* An angel of peace, a faithful guide, a guardian of our souls and bodies, let us ask of the Lord.

*Choir:* Grant it, O Lord.

*Deacon:* Pardon and remission of our sins and transgressions, let us ask of the Lord.

*Choir:* Grant it, O Lord.

*Deacon:* All things that are good and profitable for our souls and peace for the world, let us ask of the Lord.

*Choir:* Grant it, O Lord.

*Deacon:* That we may complete the remaining time of our life in peace and repentance, let us ask of the Lord.

*Choir:* Grant it, O Lord.

*Deacon:* A Christian ending to our life: painless, blameless, and peaceful; and for a good defence before the dreaded judgement seat of Christ, let us ask of the Lord.

*Choir:* Grant it, O Lord.

*Deacon:* Commemorating our most holy, most pure, blessed and glorious Lady Theotokos and ever virgin Mary, with all the saints, let us commend ourselves and each other and all our life unto Christ our God.

*Choir:* To Thee O Lord. *(Royal doors open)*

*Priest:* For thou art a good God and lovest mankind, and unto Thee we ascribe glory: to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages.

*Choir:* Amen.

*Priest:* Peace be unto all!

*Choir:* And to your spirit.

*Deacon:* Let us bow our heads to the Lord.

*Choir:* To Thee O Lord. *(Royal doors close.)*

*Priest:* O Lord our God, who bowed the heavens and came down for the salvation of the human race, look upon Thy servants and upon Thine inheritance. For to Thee the awesome Judge who loves mankind, have Thy servants bowed their heads, and bent their necks; not expecting help from men, but hoping in Thy mercy and looking for Thy salvation. Protect them at all times, especially in this present evening and in the coming night, from every enemy, from every adverse work of the devil, from vain thoughts and from evil memories.

Blessed and most glorified be the majesty of Thy Kingdom: of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages.

*Choir:* Amen

**Litya (Artoklasia)** (page 31), procession for Feast and/or Requiem when required.

**Aposticha** (*In the tone of the week, see page 34*)

Glory to the Father and to the Son and to the Holy Spirit

*(Stanza pertaining to the feast, if there is one.)*

Now and ever and unto ages of ages. Amen.

Theotokion (*In the same tone as the preceding stanza*)

**Prayer of St. Simeon. (Απολύεις Τον Δούλον Σου)**

*Choir:* Master now lettest Thou Thy servant depart in peace,  
according to Thy word:  
for mine eyes have seen Thy salvation,  
which Thou has prepared before the face of all people,  
a light to lighten the Gentiles and the glory of Thy people Israel.

**Trisagion**

*People:* Holy God, Holy Mighty, Holy Immortal, Have mercy on us. (X3)  
Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.  
O Most Holy Trinity have mercy on us. Lord cleanse us from our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities, for Thy name's sake.

Lord have mercy! (X3)

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Our Father, who art in Heaven,  
Hallowed be thy name.  
Thy Kingdom come,  
Thy will be done on Earth as it is in Heaven.  
Give us this day our daily bread  
and forgive us our trespasses  
as we forgive those who trespass against us  
and lead us not in to temptation but deliver us from evil.

*Priest:* For Thine is the Kingdom, and the power and the glory: of the Father and of the Son and of the Holy Spirit, now and ever and from all ages to all ages.

*Choir:* Amen!

**Resurrection Troparion** *(In the tone of the week. See page 46)*

*Choir:* Glory to the Father and to the Son and to the Holy Spirit.

**Troparion for the Feast or Saint** *(Royal doors open)*

*Choir:* Now and ever and unto the ages of ages. Amen.

**Resurrectional Dismissal Theotokion** *(in the same Tone as the Preceding Troparion.)*

### Dismissal

*Deacon:* Wisdom!

*Choir:* Father bless!

*Priest:* Christ our true God, the existing, is blessed, always, now and ever and from all ages to all ages.

*Choir:* Amen!

Confirm O God, the Holy Orthodox faith and Orthodox Christians,  
unto ages of ages.

*Priest:* Most Holy Theotokos intercede for us.

*Choir:* More honourable than the Cherubim and more glorious beyond  
compare than the Seraphim, without defilement you gave birth to  
God the Word, true Theotokos we magnify you.

*Priest:* Glory to Thee, O Christ our God, and our hope, glory to Thee.

*Choir:* Glory to the Father and to the Son and to the Holy Spirit, now and  
ever and from all ages to all ages. Amen!

Lord have mercy. (3x)

Father bless!

*Priest:* May Christ our true God, through the prayers of His most pure  
Mother; of the holy, glorious and all-laudable apostles; of Saint  
Nicholas of Japan; of Saint \_\_\_\_ whom we commemorate today; of  
all the holy and righteous Ancestors of God, Joachim and Anna; and  
of all the saints: have mercy on us and save us, for He is good and  
loves mankind.

*Choir:* Amen!

*Priest:* Through the prayers of our holy fathers, Lord Jesus Christ our God,  
have mercy on us and save us.

*Choir:* Amen!



## Appendices

### Appendix A:

#### Stichera at “Lord I call” and Theotokion for the 8 tones

##### Stichera Tone 1

Accept our evening prayers, O holy Lord!

Grant us remission of sins, //

for You alone have manifested the Resurrection to the world.

Encircle Zion and surround her, O people!

Give glory in her to the One Who rose from the dead! //

For He is our God, Who has delivered us from our transgressions!

Come, O people, let us hymn and fall down before Christ,

glorifying His Resurrection from the dead! //

For He is our God, Who has delivered the world from the Enemy's deceit!

Be glad, O heavens!

Sound trumpets, O foundations of the earth!

Sing in gladness, O mountains!

Behold Emmanuel has nailed our sins to the Cross!

Granting life, He has slain death. //

He has resurrected Adam as the Lover of mankind.

Let us praise Him Who voluntarily was crucified in the flesh for our sake.

He suffered, was buried, but rose from the dead.

By orthodoxy confirm Your Church, O Christ. //

Grant peace for our life as the gracious Lover of mankind.

We stand before Your life- bearing tomb unworthily, O Christ God,  
offering glory to Your ineffable compassion.

You have accepted the Cross and death, O sinless One! //

to grant Resurrection to the world as the Lover of mankind.

Let us praise the Word, co-eternal with the Father.

He ineffably came forth from the virginal womb.

He freely accepted the Cross and death for our sake.

He was raised in glory://

Glory to You, O lifegiving Lord, the Saviour of our souls!

### **Tone 1**      (*Theotokion – Dogmatikon*)

Let us praise the Virgin Mary!

The gate of heaven, the glory of the world!

The song of the angels, the beauty of the faithful!

She was born of man, yet gave birth to God!

She was revealed as the heaven,

as the temple of the godhead!

She destroyed the wall of enmity!

She commenced the peace; she opened the Kingdom!

Since she is our foundation of faith,

our defender is the Lord Whom she bore!

Courage! Courage! O People of God!

For Christ will destroy our enemies://

since He is all powerful.

### **Stichera Tone 2**

Come, let us worship the Word of God

begotten of the Father before all ages,

and incarnate of the Virgin Mary!

Having endured the Cross, He was buried as He himself desired.://

And having risen from the dead, He saved me, the erring one.

Christ our Saviour nailed to the Cross the bond against us,

He voided it and destroyed the dominion of death.://

We fall down before His Resurrection on the third day.

With the Archangels let us praise the Resurrection of Christ!

He is our Saviour, our Redeemer.

He is coming with awesome glory and mighty power//

to judge the world which He made.

The Angel proclaimed You as the crucified and buried Master.

He told the women: “Come, see the place where He lay!

He is risen as He said, for He is almighty.”

We worship You, only immortal One.//

O Christ, the Giver of life, have mercy on us!

By Your Cross, You destroyed the curse of the tree.

By Your burial You destroyed the dominion of death.

By Your rising, You enlightened the human race.//

O Benefactor, Christ our God, glory to You!

The gates of death opened to You from fear, O Lord.

When the guards of hell saw You they were afraid,

for You demolished the gates of brass and smashed the iron chains.//

You have led us from the darkness and the shadows of death, and have  
broken our bonds.

Let us come and worship in the house of the Lord,  
singing the hymn of salvation:

“Cleanse our sins, for You were crucified and raised from the dead,//  
and are in the bosom of the Father!”

**Tone 2**      (*Theotokion – Dogmatikon*)

The shadow of the Law passed when grace came;  
as the Bush burned, yet was not consumed,

so the Virgin gave birth, yet remained a Virgin.  
Instead of a pillar of flame, the Righteous Sun has risen.//  
Instead of Moses, Christ, the Salvation of our souls.

### **Stichera Tone 3**

By Your Cross, O Christ our Saviour,  
death's dominion has been shattered;  
the devil's delusion destroyed.  
The human race, being saved by faith,//  
always offers You a song.

All has been enlightened by Your Resurrection, O Lord.  
Paradise has been opened again.  
All creation, praising You,//  
always offers You a song.

I glorify the power of the Father and the Son.  
I praise the authority of the Holy Spirit:  
the undivided, uncreated Godhead,//  
the consubstantial Trinity which reigns forever.

We bow down in worship before Your precious Cross, O Christ,  
and we glorify and praise Your Resurrection,//  
for by Your wounds we have all been healed.

We praise the Saviour incarnate of the Virgin,  
for He was crucified for our sake and resurrected on the third day,//  
granting us great mercy.

Christ descended to hell proclaiming the glad tidings:  
“Be bold! Now I have triumphed!  
I am the Resurrection, I will lead you out,//

for I have shattered the gates of death!”

Standing unworthily in Your most pure house, O Christ God,

we offer our evening song, crying from the depths:

“You enlightened the world by Your Resurrection on the third day,//  
Lover of mankind, deliver Your people from the hand of Your enemies.

### **Tone 3**      (*Theotokion – Dogmatikon*)

How can we not wonder

at your mystical childbearing, O exalted Mother?

For without receiving the touch of man,

you gave birth to a Son in the flesh, immaculate Virgin.

The Son born of the Father before eternity

was born of you at the fullness of time, O honored Lady.

He underwent no mingling, no change, no division,

but preserved the fullness of each nature.

Entreat Him, O Lady and Virgin, and Mother,

to save the souls of those who, in the Orthodox manner, confess you//

to be the Theotokos.

### **Stichera Tone 4**

We glorify Your Resurrection on the third day, O Christ God,

by always honouring Your life-creating Cross;

by it You have renewed the corrupted nature of mankind, O almighty One.

By it You have renewed our entrance to heaven,//

for You are good and the Lover of mankind.

You loosed the Tree's verdict of disobedience, O Saviour,

by being voluntarily nailed to the tree of the Cross.

By descending to hell, O almighty God,

You broke the bonds of death.

Therefore, we adore Your Resurrection from the dead, singing in joy://

“Glory to You, O all powerful Lord!”

You smashed the gates of hell, O Lord,  
and by Your death You demolished the kingdom of death.  
You delivered the human race from corruption,//  
granting the world life, incorruption and great mercy.

Come, O people,  
let us sing of the Saviour’s Resurrection on the third day!  
By it, we have been freed from the unbreakable bonds of hell.  
By it, we have received life and incorruption.  
Save us by Your Resurrection!//  
Life-creating and almighty Saviour, glory to You!

Angels and mortals sing of Your Resurrection on the third day, O Saviour.  
By it, the ends of the earth have been illuminated.  
By it we have been delivered from bondage to the Enemy.  
Save us by Your Resurrection!//  
Life-creating and almighty Saviour, glory to You!

You have shattered the gates of brass  
and destroyed the chains of death, O Christ God.  
You have raised the fallen human race.//  
O Lord, risen from the dead, glory to You!

Lord, Your begetting from the Father is timeless and everlasting.  
Your incarnation from the Virgin is beyond words and understanding.  
Your descent into hell is terrible for the Devil and his Angels.  
You have trampled on death, rising on the third day,//  
and granting mankind incorruption and great mercy.

#### **Tone 4**     *(Theotokion – Dogmatikon)*

The Prophet David was a Father of the Lord through you,  
O Virgin.

He foretold in songs the One Who worked wonders in you:

“At Your right hand stood the Queen,”

Your Mother, the mediatrix of life,

since God was freely born of her without a father.

He wanted to renew His fallen image, made corrupt in passion,

so He took the lost sheep upon His shoulder

and brought it to His Father, joining it to the heavenly pow'rs://

Christ who has great and rich mercy has saved the world, O Theotokos.

#### **Stichera Tone 5**

By Your precious Cross, O Christ,

You have put the devil to shame.

By Your Resurrection, You have blunted the sting of sin

and saved us from the gates of death.//

We glorify You, the only begotten One.

Christ was led as a sheep to the slaughter

in order to grant Resurrection to the human race.

The princes of hell were frightened by this,

for the gates of sorrow were lifted.

Christ the King of glory had entered,

saying to those in chains: “Go forth!”//

And to those in darkness: “Come to the light!”

Oh, great wonder!

The Creator of the invisible suffered in the flesh in His love for mankind  
and rose again immortal.

Come, O sons of nations,

let us worship Him,

for delivered from error by His compassion,//  
we have learned to sing of one God in three Persons!

We offer You our evening worship,  
O never setting Light,  
Who came in these last days to the world in the flesh;  
Who even descended to hell to dispel its darkness.  
You have revealed the light of Resurrection to the nations.//  
Glory to You, O Lord and Giver of light!

We glorify the Leader of our salvation;  
by His Resurrection from the dead,  
the world was saved from deceit.  
The assembly of Angels rejoices  
as the deceit of demons is overthrown.//  
Fallen Adam rises as the devil falls.

The guards were instructed by the lawless ones:  
“Hide the rising of Christ, take money and say:  
‘The body was stolen from the tomb while we were asleep.’”  
But who has heard of a body being stolen,  
a body embalmed and naked,  
with its grave clothes left behind in the tomb?  
Do not be deceived, O Jews,  
study the words of the Prophets and understand://  
Christ is the Redeemer of the world and all powerful!

O Lord, You have captured hell  
and trampled on death;  
You have enlightened the world by Your precious Cross.//  
O Saviour, have mercy on us!



## **Tone 5**     *(Theotokion – Dogmatikon)*

In the Red Sea of old,  
a type of the Virgin Bride was prefigured.  
There Moses divided the waters;  
here Gabriel assisted in the miracle.  
There Israel crossed the sea without getting wet,  
here the Virgin gave birth to Christ without seed.  
After Israel's passage, the sea remained impassable;  
after Emmanuel's birth, the Virgin remained a Virgin.  
O ever-existing God, Who appeared as Man,//  
O Lord, have mercy on us!

## **Stichera Tone 6**

Possessing victory over hell, O Christ,  
since You are free among the dead,  
You ascended the Cross  
raising with Yourself those who sat in the shades of death.//  
O Almighty Saviour, Who drew life from Your own light, have mercy on us!

Today Christ tramples on death,  
for He is risen as He said!  
Let us all sing this song,  
for He has granted joy to the world:  
“O Light unapproachable, O Fountain of life!//  
Saviour Almighty, have mercy on us!”

Where shall we sinners flee from You, for You are in all creation?  
In heaven You dwell!  
In hell You trampled on death!  
In the depths of the sea?  
Even there is Your hand, O Master!  
To You we flee, and falling before You, we pray://

“As You rose from the dead, have mercy on us!”

In Your Cross, we glory, O Christ.  
We sing and glorify Your Resurrection.  
For You are our God, //  
and we know no other than You.

We will always bless the Lord  
by singing of His Resurrection!  
for He endured the Cross, //  
trampling down death by death.

Glory to Your might, O Lord,  
for You overthrew the prince of death!  
By Your Cross You have renewed us, //  
granting us life and incorruption.

Your burial destroyed the bonds of hell, O Lord.  
Your Resurrection from the dead enlightened the world.  
O Lord, glory to You!

**Tone 6**     *(Theotokion – Dogmatikon)*

Who will not bless you, O most holy Virgin?  
Who will not sing of your most pure childbearing?  
The only-begotten Son shone timelessly from the Father,  
but from you He was ineffably incarnate.  
God by nature, He became Man for our sake,  
not divided into two persons but manifest as One in two natures.  
Entreat Him, O pure and all-blessed Lady, //  
to have mercy on our souls!

## Stichera Tone 7

Come, let us rejoice in the Lord,  
Who destroyed the dominion of death!  
Let us sing to Him with the bodiless hosts,  
for He enlightened the human race!//  
Our Maker and Saviour, glory to You!

You endured the Cross and burial for our sake.  
By Your death, You destroyed death as God.  
We fall down before Your Resurrection on the third day,//  
O Saviour, glory to You!

When the Apostles beheld the Resurrection of the Maker,  
they were amazed and sang the angelic praise.  
This is the glory of the Church.  
This is the richness of the Kingdom.//  
O Lord, crucified for our sake, glory to You!

You were held by lawless men, O Christ,  
but to me, You are God, and I am not ashamed.  
You were smitten on the cheek, but I do not deny You.  
You were nailed to the Cross and I do not conceal it,  
for I glory in Your Resurrection: Your death is my life.//  
Almighty Lord and Lover of mankind, glory to You!

Fulfilling the prophecy of David,  
Christ manifested His greatness in Zion to the disciples.  
He is praised and always glorified,  
together with the Father and the Holy Spirit.  
At first as the Word, He was bodiless,  
but then He took flesh and was slain for our sake.//  
He rose in power as the Lover of mankind!

You descended into hell as You freely willed, O Christ,  
overthrowing death as God, and rising on the third day as Master!  
With Yourself You raised Adam  
from the bonds of hell and from corruption!//  
Glory to Your Resurrection, only Lover of mankind!

You were placed in the tomb, O Lord, as one asleep.  
On the third day You rose in power,  
raising Adam with Yourself from the corruption of death//  
as the Almighty One!

**Tone 7**      (*Theotokion – Dogmatikon*)

No tongue can speak of your wonderful childbearing,  
for the order of nature was overruled by God.  
You were revealed to be a Mother above nature,  
for you remained a Virgin beyond reason and understanding.  
Your conception was most glorious, O Theotokos!  
The manner of your giving birth was ineffable, O Virgin!  
Knowing you to be the Mother of God,  
devoutly we pray to you://  
“Beseech Him to save our souls!”

**Stichera Tone 8**

We offer to You, O Christ,  
our evening song and reasonable service,  
for You willed to have mercy on us//  
by Your Resurrection.

Lord, Lord, do not cast us away from Your face!  
For You willed to have mercy on us//  
by the Resurrection.

Rejoice, holy Zion!  
Mother of the churches, the abode of God!  
For you were the first to receive remission of sins//  
by the Resurrection.

The Word of God the Father,  
begotten before the ages,  
in the latter times willed to be incarnate of the Virgin  
and endured crucifixion unto death.  
He has saved mortal man//  
by His Resurrection.

We glorify You, O Lord  
for You voluntarily endured the Cross for our sake.  
We fall down in worship before You, almighty Savior.  
Do not cast us away from Your face  
but hear us and save us, Lover of mankind//  
by Your Resurrection!

Glory to You, O Saviour Christ,  
only begotten Son of God, nailed to the Cross//  
and resurrected from the tomb on the third day!

We glorify Your Resurrection from the dead, O Christ,  
by which You have freed Adam's race from the tortures of hell,//  
and as God have granted to the world eternal life and great mercy.

**Tone 8**      (*Theotokion – Dogmatikon*)

The King of heaven,  
because of His love for man,  
appeared on earth and dwelt with men.

He took flesh from the pure Virgin  
and after assuming it, He came forth from her.  
The Son is one: in two natures, yet one Person.  
Proclaiming Him as perfect God and perfect Man,  
we confess Christ our God!//  
Entreat him, O unwedded Mother, to have mercy on our souls!

## Appendix B:

### Prokeimena for the seven days of the week.

*Saturday evening (Psalm 93) Tone 6:*

The Lord is King! / He is robed in majesty.

*Verse:* The Lord is robed, He is girded with strength!

*Verse:* For He has established the world so that it shall never be moved!

*Verse:* Holiness befits Your house, Lord, forevermore!

*Sunday evening (Psalm 134) Tone 8:*

Behold now, bless the Lord, / all you servants of the Lord.

*Verse:* You that stand in the temple of the Lord, in the courts of the house of our God!

*Monday evening (Psalm 4) Tone 4:*

The Lord hears me / when I call to him.

*Verse:* When I called, the God of my righteousness heard me!

*Tuesday evening (Psalm 23) Tone 1:*

Thy mercy O Lord, / shall follow me all the days of my life.

*Verse:* The Lord is my shepherd, I shall not want; He makes me lie down in green pastures.

*Wednesday evening (Psalm 54) Tone 5:*

Save me, O God, by Thy name / and judge me by Thy strength.

*Verse:* Hear my prayer, O God, give ear to the words of my mouth!

*Thursday evening (Psalm 121) tone 6:*

My help comes from the Lord / who made heaven and earth!

*Verse:* I lift up my eyes to the hills, from where my help will come.

*Friday evening (Psalm 59) Tone 7:*

Thou, O God, art my helper / and Thy mercy shall go before me.

*Verse:* Deliver me from my enemies, O God, and protect me from those who rise up against me!



## Appendix C:

### The Artoklasia (Blessing of the Loaves)

*Priest:* Have mercy on us, O God, according to your great mercy, we pray to you, hear us and have mercy.

*People:* Lord, have mercy. (3x) (*Chanted after each petition*)

*Priest:* Again we pray for all pious and Orthodox Christians.

Again we pray for our Archbishop \_\_\_ and our Bishop \_\_\_, and all our brothers and sisters in Christ.

Again we pray for mercy, life, peace, health, salvation, visitation, forgiveness and remission of sins of the servants of God who celebrate this sacred feast (*and he mentions them by name*) together with their spouses, children, parents, brothers, sisters and relatives, and let us ask for their health and salvation.

Again we pray for the preservation of this holy Church, and this city and parish, and every city and land, from the wrath of God, pestilence, famine, earthquake, flood, fire, the sword, invasion by enemies, civil war and sudden death, and that our God who loves mankind will be merciful, gracious and favourable toward us, and will fend off and turn away all the wrath and every illness that threatens us, and will deliver us from his righteous chastisement impending against us, and will have mercy on us.

Again we pray that the Lord our God will hear the voice of the petition of us sinners, and have mercy on us.

*People:* Lord, have mercy. (3)

*Priest:* Hear us, O God, our Saviour, the hope of all the ends of the earth, and of those who sail the distant seas, and be gracious and show mercy, O Master, upon our sins and be merciful to us. For you are a merciful God who loves mankind, and to you we ascribe glory, to the Father and to the Son and to the Holy Spirit, now and ever, and to the ages of ages.

*People:* Amen.

*Priest:* Peace be with all.

*People:* And with your spirit.

*Priest:* Let us bow our heads to the Lord.

*People:* To Thee, O Lord.

*Priest:* O most merciful Master, Lord Jesus Christ our God, through the intercessions of our most pure Lady Theotokos and ever-Virgin Mary, by the power of the precious and life-giving Cross; through the protection of the venerable bodiless powers in heaven; through the prayers of the venerable and glorious prophet and forerunner John the Baptist; of the holy, glorious and all-praised Apostles; of the holy, glorious and victorious martyrs; of our righteous and God-bearing Fathers; of our Fathers among the saints the great hierarchs and Ecumenical teachers: Basil the Great, Gregory the Theologian and John Chrysostom; Athanasius, Cyril and John the Almsgiver, Patriarchs of Alexandria; of our Father among the saints Nicholas, Bishop of Myra of Lycia the miracle-worker; of the holy and glorious great Martyrs: George the victorious, Demetrios the Myrrh-flowing, Theodore Tiron and Theodore the General, Menas the miracle-worker, and the priest-Martyrs Haralambos and Eleftherios; of the holy and righteous ancestors of our Lord God Joachim and Anna, of Saint(s) (N), whose memory we celebrate, and of all your saints, make our petition acceptable to you; grant us the remission of our transgressions; shelter us under the cover of your wings; banish from us every foe and adversary; make our life peaceful; Lord, have mercy on us and your world, and save our souls, for you are a good God who love mankind.

*People:* Amen.

*Priest Censes around the table with loaves, chanting*

*People:* Rejoice, O Virgin Theotokos, Mary full of grace, the Lord is with you; blessed are you among women and blessed is the fruit of your womb; for you have borne the Saviour of our souls.

[Note: During Bright Week (week after Pascha) we chant: Christ is risen...]

*Priest:* Let us pray to the Lord.

*People:* Lord, have mercy.

*Priest: Blesses the loaves, saying:*

O Lord Jesus Christ our God, who blessed the five loaves in the wilderness and with them fed the five thousand: Do you, the same Lord, bless these loaves, the wheat, the wine and the olive oil, and multiply them in this city, country and parish, in the homes of those who have brought these gifts, and in all your world; and sanctify all your faithful servants who partake of them.

For it is you, O Christ our God, who bless and sanctify all things, and to you we ascribe glory, together with your beginningless Father and your all-holy and good and life-giving Spirit, now and ever, and to the ages of ages.

*People: Amen.*

*Priest kisses one of the loaves, chanting*

The wealthy shall want and shall hunger; but they that seek the Lord, shall not want for any good thing. (3)

## Appendix D:

### Aposticha for the Resurrection in the 8 Tones

#### Aposticha Tone 1

We have been freed from sufferings by Your suffering, O Christ.  
We have been delivered from corruption by Your Resurrection.//  
O Lord, glory to You!

*v. The Lord is King; He is robed in majesty!*

Let creation rejoice!  
Let the heavens be glad!  
Let the nations clap their hands with gladness,  
for Christ our Saviour has nailed our sins to the Cross.  
Slaying death, He has given life.//  
He has resurrected fallen Adam as the Lover of mankind.

*v. For He has established the world, so that it shall never be moved.*

As King of heaven and earth,  
You were voluntarily crucified in Your love for mankind.  
Hell was angered when it met You below.  
Adam rose seeing You, the Creator, under the earth.  
O Wonder! How has the Life of All tasted death?  
You enlightened the world which cries://  
“O Lord, Who rose from the dead, glory to You!”

*v. Holiness befits Your house, O Lord, forevermore!*

The myrrhbearing women came with haste to Your tomb,  
bearing myrrh and lamenting.

Not finding Your most pure body,  
they learned from the angel of the new and glorious wonder.  
They told the Apostles:://  
“The Lord is risen, granting the world great mercy.”

*Glory to the Father, and to the Son, and to the Holy Spirit,  
now and ever, and unto ages of ages. Amen.*

**Tone 1**    (*Theotokion*)

Behold, Isaiah's prophecy is fulfilled,  
For the Virgin gave birth, yet remained a Virgin!  
God was born, and so nature was restored anew.  
Do not despise the entreaties of your servants, O Mother of God!  
We offer them to you in your temple.  
Since you carried in your arms the compassionate One,  
have compassion on your servants:://  
and pray that our souls may be saved.

**Aposticha Tone 2**

Your Resurrection, O Christ our Saviour,  
has enlightened the whole universe,  
calling back Your creation:://  
Glory to You, O almighty Lord!

*v. The Lord is King; He is robed in majesty!*

O Saviour, by the Tree You destroyed the curse of the Tree.  
By Your burial You mortified the majesty of death.  
You have enlightened our race by Your Resurrection:://  
O Giver of life, Christ our God, glory to You!

*v. For He has established the world, so that it shall never be moved.*

O Christ, when You were seen nailed to the Cross,  
You restored the beauty of Your creatures.  
The soldiers showed their inhumanity when they pierced Your side with a  
spear.  
The Hebrews not knowing Your power asked that Your tomb might be  
sealed,  
but through the mercy of Your compassion,  
You accepted the tomb and rose on the third day!//  
O Lord, glory to You!

*v. Holiness befits Your house, O Lord, forevermore!*

O Christ, the Giver of life,  
for the sake of the dead You voluntarily endured death,  
descending into hell as the Mighty One  
to save those who awaited Your coming,  
granting them the life of paradise instead of hell.  
Grant also to us who glorify Your Resurrection on the third day//  
cleansing of our sins and great mercy!

*Glory to the Father, and to the Son, and to the Holy Spirit;  
now and ever, and unto ages of ages. Amen.*

**Tone 2**    (*Theotokion*)

A new miracle surpasses all ancient miracles!  
Who knows of a Mother who gave birth without a man,  
who carried in her arms her Creator?  
This birth is the will of God!  
Since you carried Him as an infant in your arms, O most pure one,  
and since you possess motherly boldness before Him,  
do not cease praying for us who honour you,//

that He may be bountiful and save our souls.

### **Aposticha Tone 3**

The sun was darkened by your Passion, O Christ,  
but all creation was enlightened by the light of Your Resurrection.//  
Accept our evening song, O Lover of mankind!

*v. The Lord is King; He is robed in majesty!*

Your life-bearing Resurrection, O Lord,  
enlightened the whole universe, recalling Your creation.  
Delivered from Adam's curse, we sing://  
“Almighty Lord, glory to You!”

*v. For He has established the world, so that it shall never be moved.*

You are the changeless God,  
Who, suffering in the flesh, were changed.  
Creation could not endure seeing You on the Cross.  
It was filled with fear while praising Your patience.  
By descending to hell and rising on the third day,//  
You have granted to the world life and great mercy.

*v. Holiness befits Your house, O Lord, forevermore!*

You endured death, O Christ,  
to deliver the human race from death.  
You rose from the dead on the third day,  
raising with yourself those who knew You as God//  
and enlightening the world. Glory to You!

*Glory to the Father, and to the Son, and to the Holy Spirit;*

*now and ever, and unto ages of ages. Amen.*

### **Tone 3**    (*Theotokion*)

By the will of the Father,  
without seed, of the Holy Spirit you conceived the Son of God.  
He was born of the Father before eternity without a mother,  
but now for our sake He came from you without a father!//  
Do not cease entreating Him to deliver our souls from harm!

### **Aposticha Tone 4**

By ascending the Cross, O Lord,  
You have annulled our ancstral curse.  
By descending to hell, You have freed the eternal prisoners,  
granting incorruption to the human race.//  
Therefore in songs we glorify Your life-creating and saving Resurrection.

*v. The Lord is King; He is robed in majesty!*

By hanging upon the Tree, O only powerful Lord,  
You shook all of creation.  
By being laid in the tomb You have raised those who dwelt in the tombs,  
granting life and incorruption to the human race.//  
Therefore in songs we glorify Your rising on the third day.

*v. For He has established the world, so that it shall never be moved.*

The lawless people, O Christ,  
handed You over to Pilate, condemned to be crucified,  
thus proving themselves ungrateful before their Benefactor.  
But voluntarily You endured burial,  
rising by Your own power on the third day as God,//  
granting us life everlasting and great mercy.



*v. Holiness befits Your house, O Lord, forevermore!*

With tears the women reached Your tomb,  
searching for You, but not finding You.

They wept with wailing and lamented:

“Woe to us! Our Saviour, King of all,  
how were You stolen?

What place can hold Your life-bearing body?”

An Angel replied to them:

“Do not weep but go and proclaim that the Lord is risen,//  
granting us joy as the only compassionate One!”

*Glory to the Father, and to the Son, and to the Holy Spirit,  
now and ever, and unto ages of ages. Amen.*

#### **Tone 4**    (*Theotokion*)

Look on the entreaties of your servants, O Blameless One!

Stop all the terrible attacks against us,  
freeing us from every affliction,

for we have only you as our sure and firm anchor!

Lady, do not let us be put to shame,

for we call on you for our intercession!

Hasten to pray for those who call in faith:

“Rejoice, Lady, Help of all://

the Joy and Shelter and Salvation of our souls!”

#### **Aposticha Tone 5**

We magnify You in songs of praise,

O incarnate Christ and Saviour.

By accepting the Cross and death for our sake,

as the Lord and Lover of mankind,

You overthrew the gates of hell,//  
and arose on the third day, saving our souls.

*v. The Lord is King; He is robed in majesty!*

By being pierced in the side, O Lover of mankind,  
You have poured out drops of life and salvation for all.  
By accepting death in the flesh, You have granted us immortality.  
You have freed us by being placed in the tomb,  
and have resurrected us with Yourself in glory, as God.//  
Glory to You, O Lord and Lover of mankind!

*v. For He has established the world, so that it shall never be moved.*

Your crucifixion and descent into hell are awesome, O Lover of mankind.  
You have captured it, releasing the ancient prisoners.  
You have opened Paradise and given it to us.  
Grant us purification of sins,  
who glorify Your Resurrection on the third day!  
Make us worthy of Paradise//  
and save us, O Lover of mankind!

*v. Holiness befits Your house, O Lord, forevermore!*

For our sake, You accepted death in the flesh,  
to rise from the dead on the third day.  
Heal us from our earthly passions,  
and restore us from our evil transgressions;//  
and save us, O Lover of mankind!

*Glory to the Father, and to the Son, and to the Holy Spirit,  
now and ever, and unto ages of ages. Amen.*

**Tone 5**    (*Theotokion*)

Most precious Virgin,  
you are the gate, the temple,  
the palace, the throne of the King.  
From You, my Redeemer, Christ the Lord, appeared to those asleep in  
darkness.  
He is the Sun of Righteousness,  
Who desired to enlighten His image, whom He had created.  
Since you possess motherly boldness before Him, all praised Lady,//  
pray unceasingly that our souls may be saved!

**Aposticha Tone 6**

Your Resurrection, O Christ our Saviour,  
the Angels in heaven sing!  
Enable us on earth//  
to glorify You in purity of heart!

*v. The Lord is King; He is robed in majesty!*

Destroying the gates of hell,  
breaking the chains of death,  
You resurrected the fallen human race as almighty God!//  
O Lord, Who rose from the dead, glory to You!

*v. For He has established the world, so that it shall never be moved.*

Desiring to return us to Paradise,  
Christ was nailed to the Cross and placed in a tomb.  
The Myrrhbearing Women sought Him with tears, crying,  
“Woe to us, O Saviour!  
How do You deign to descend to death?

What place can hold Your life bearing body?  
Come to us as You promised!  
Take away our wailing and tears!"  
Then the Angel appeared to them:  
"Stop your lamentations!  
Go, proclaim to the Apostles:  
'The Lord is risen,//  
granting us purification and great mercy!'"

*v. Holiness befits Your house, O Lord, forevermore!*

Having been crucified as You willed,  
by Your burial You captured death, O Christ,  
and rose on the third day as God in glory,//  
granting the world unending life and great mercy!

*Glory to the Father, and to the Son, and to the Holy Spirit;  
now and ever, and unto ages of ages. Amen.*

**Tone 6** (Theotokion)

My Maker and Redeemer, Christ the Lord,  
was born of you, O most pure Virgin.  
By accepting my nature, He freed Adam from his ancient curse.  
Unceasingly we magnify you as the Mother of God!  
Rejoice, O celestial Joy!  
Rejoice, O Lady://  
the Protection, Intercession and Salvation of our souls!

**Aposticha Tone 7**

As the Saviour of the world You arose from the tomb.  
As God You resurrected the human race with Your flesh.//  
O Lord, glory to You!

*v. The Lord is King; He is robed in majesty!*

Come, let us worship the One Who rose from the dead,  
and enlightened all creation!

By His death, He has saved us from the torments of hell.//

By His Resurrection He has granted us eternal life and great mercy.

*v. For He has established the world, so that it shall never be moved.*

You descended into hell, capturing death, O Christ.

In three days You arose again, resurrecting us who glorify Your

Resurrection,//

O Lord and Lover of mankind.

*v. Holiness befits Your house, O Lord, forevermore!*

When You were placed in the tomb as one asleep,

the sight was great and awesome.

But when You rose on the third day as almighty God,

You resurrected Adam with Yourself.//

Glory to Your Resurrection, only Lover of mankind!

*Glory to the Father, and to the Son, and to the Holy Spirit,  
now and ever, and unto ages of ages. Amen.*

**Tone 7** (Theotokion)

All the earth born run to your protection, O Lady.

You are our hope, O Theotokos.

Deliver us from our countless sins,//

and pray that our souls may be saved!

## **Aposticha Tone 8**

Descending from heaven to ascend the Cross,  
the Eternal Life has come for death  
to raise those who are fallen;  
to enlighten those in darkness.//  
Jesus, our Saviour and illuminator, glory to You!

*v. The Lord is King; He is robed in majesty!*

We glorify Christ, who rose from the dead.  
He accepted the human body and soul,  
and freed both from suffering.  
His most pure soul descended to hell, which He spoiled.  
His holy Body did not see corruption in the tomb.//  
He is the Redeemer of our souls.

*v. For He has established the world, so that it shall never be moved.*

In psalms and songs we glorify Your Resurrection from the dead,  
O Christ.  
By it, You have freed us from the tortures of hell//  
and as God have granted eternal life and great mercy.

*v. Holiness befits Your house, O Lord, forevermore!*

Master of all, incomprehensible Creator of heaven and earth,  
by Your suffering on the Cross You have gained passionlessness for me.  
Accepting burial and arising in glory,  
You resurrected Adam with Yourself by Your almighty hand.  
Glory to Your rising on the third day!  
By it You have granted us eternal life and cleansing of sins//  
as the only compassionate One.

*Glory to the Father, and to the Son, and to the Holy Spirit,  
now and ever, and unto ages of ages. Amen.*

**Tone 8**    (*Theotokion*)

Unwedded Virgin,

you ineffably conceived God in the flesh!

O Mother of God most high,

accept the cries of your servants, O blameless one!

Grant cleansing of transgressions to all!//

Receive our prayers and pray to save our souls!

## Appendix E:

### Resurrection Troparia and Dismissal Theotokia in the 8 Tones

#### Tone 1 Resurrection Troparion

When the stone had been sealed by the Jews,  
While the soldiers were guarding Your most pure body,  
You rose on the third day, O Saviour, granting life to the world.  
The powers of heaven therefore cried to You, O Giver of Life:  
“Glory to Your Resurrection, O Christ!  
Glory to Your Kingdom!//  
Glory to Your dispensation, O Lover of mankind!”

#### Tone 1 Resurrectional Dismissal Theotokion

When Gabriel announced to you, O Virgin, “Rejoice”,  
With that word the Master of all was incarnate in, O holy Ark.  
As the righteous David said,  
Your womb became more spacious than the heavens, bearing your Creator.  
Glory to Him Who took abode in you.  
Glory to Him Who came from you.//  
Glory to Him Who freed us by being born of you.

#### Tone 2 Resurrection Troparion

When You descended to death, O Life Immortal,  
You destroyed hell with the splendour of Your Godhead!  
And when from the depths You raised the dead,  
all the powers of heaven cried out://  
“O Giver of life, Christ our God, glory to You!”

#### Tone 2 Resurrectional Dismissal Theotokion

All beyond thought, all most glorious,  
Are your mysteries, O Theotokos.  
Sealed in purity, preserved in virginity,



You were revealed to be the true Mother who gave birth to the True God.//  
Entreat Him to save our souls.

### **Tone 3     Resurrection Troparion**

Let the heavens rejoice!  
Let the earth be glad!  
For the Lord has shown strength with His arm!  
He has trampled down death by death!  
He has become the first born of the dead!  
He has delivered us from the depths of hell,  
and has granted to the world//  
great mercy.

### **Tone 3     Resurrectional Dismissal Theotokion**

We praise you as the mediatrix of our salvation,  
Virgin Theotokos.  
For your Son, our God, Who took flesh from you,  
accepted the Passion on the Cross,//  
delivering us from corruption as the Lover of Man.

### **Tone 4     Resurrection Troparion**

When the women disciples of the Lord  
learned from the angel the joyous message of the resurrection,  
they cast away the ancestral curse  
and elatedly told the Apostles:  
“Death is overthrown!  
Christ God is risen,//  
granting the world great mercy!”

### **Tone 4     Resurrectional Dismissal Theotokion**

The mystery of all eternity,  
Unknown even by angels.

Through you, Theotokos is revealed to those on earth:  
God incarnate by union without confusion.  
He voluntarily accepted the Cross for us,  
By which He resurrected the first-created man, //  
Saving our souls from death.

#### **Tone 5      Resurrection Troparion**

Let us, the faithful, praise and worship the Word,  
co-eternal with the Father and the Spirit,  
born for our salvation from the Virgin;  
for He willed to be lifted up on the Cross in the flesh,  
to endure death,  
and to raise the dead //  
by His glorious Resurrection.

#### **Tone 5      Resurrectional Dismissal Theotokion**

Rejoice, Impassable Gate of the Lord!  
Rejoice, Wall and Protection of those who run to you!  
Rejoice, Unshakable Refuge!  
Rejoice, you who knew not wedlock,  
who gave birth in the flesh to your Creator and God! //  
Do not cease praying for those who praise and worship your Son!

#### **Tone 6      Resurrection Troparion**

The angelic powers were at Your tomb;  
the guards became as dead men.  
Mary stood by Your grave,  
seeking Your most pure body.  
You took captive hell, //  
not being tempted by it.  
You came to the Virgin, granting life. //  
O Lord, Who rose from the dead, glory to You.

### **Tone 6      Resurrectional Dismissal Theotokion**

You who called Your Mother blessed,  
Came of Your own will to the Passion.  
Shining on the Cross, desiring to recall Adam You said to the angels:  
“Rejoice with me for the lost coin has been found.”  
You who have ordered all things in wisdom,//  
Our God, glory to You.

### **Tone 7      Resurrection Troparion**

By Your Cross You destroyed death!  
To the thief You opened Paradise!  
For the Myrrhbearers You changed weeping into joy!  
And You commanded Your disciples, O Christ God,  
to proclaim that You are risen,//  
granting the world great mercy.

### **Tone 7      Resurrectional Dismissal Theotokion**

Since you are the treasure of our Resurrection,  
We put our hope in you, All-praised One.  
Lead us out of the pit and the abyss of transgressions,  
For you have saved us, who are subject to sin, by giving birth to our Salvation.  
Before giving birth you were a virgin and a virgin while giving birth,//  
And after giving birth you still remain a virgin.

### **Tone 8      Resurrection Troparion**

You descended from on high, O Merciful One.  
You accepted the three-day burial to free us from our sufferings.//  
O Lord, our Life and Resurrection, glory to You!

### **Tone 8      Resurrectional Dismissal Theotokion**

For our sake You were born of the Virgin

And endured crucifixion, O Good One, destroying death by death.  
Revealing the Resurrection as God, do not despise the work of Your hand.  
Reveal you love for man, O Merciful One, and accept the Theotokos praying  
for us, //  
And save the despairing people, O our Saviour.

## Appendix F:

### Litya Service to bless Bread or Kolyva offered in honor of a Saint

#### Commonly used to bless Phanouropita (St Phanourios' Bread)

*The bread or kolyva is placed in front of the Icon of Christ on the iconostasis with a lit candle in it.*

*If the blessing is to take place during the Divine Liturgy, immediately after the Prayer behind the Ambon the choir chants the Apolytikion and Kontakion of the Saint:*

#### Troparion of St Phanourios Tone 4

From earth a heavenly song is sung:/  
in heaven the Angels celebrate an earthly festival./  
From on high they chant the praise of thy contests:/  
from below the Church proclaims thy heavenly glory//  
which flows from thy struggles, O Phanurios .  
Glory ... now and ever...

#### Kontakion of St Phanourios Tone 3

Thou didst save the priests from ungodly captuivity/  
and by divine power break their bonds./  
Thou didst bravely shame the boldness of tyrants/  
and gladden the hosts of Angels./.  
Wherefore we honour thee, O glorious Martyr Phanourios.

*Priest:* Let us pray to the Lord.

*Choir:* Lord, have mercy.

*The priest then stands in the midst of the Beautiful Gates, turned slightly towards the Icon of Christ, and censes the bread or kolyva as he says the following:*

## Prayer

O Lord, Jesus Christ, the Heavenly Bread, the munificent Bestower of the food that abideth unto eternity, the Giver of good things, Who through Elias didst cause miraculous sustenance to gush forth, the Hope of the hopeless, the Help of the helpless, and the Salvation of our souls: Bless these gifts and those who have offered them unto Thee, to Thy glory and in honor of the *[Name of the Saint]*

Grant, O Good One, unto those who have prepared these gifts *[names may be inserted here]* all Thine earthly and Heavenly good things. Gladden them in joy with Thy countenance, and show them the paths to salvation. Be swift to fulfill the requests of their hearts and their every wish, guiding them to the doing of Thy commandments, that in gladness and rejoicing they may forever hymn and glorify Thy most honorable and majestic Name, by the intercessions of the Most blessed Theotokos, of the holy, glorious *[Name of the Saint]* and of all Thy Saints. Amen.

*The Choir then chants "Blessed be the Name of the Lord..." (Psalm 33), with sweet melody, and the rest of Divine Liturgy, but if the blessing is to take place outside of the Divine Liturgy, the order is as follows:*

*Priest:* Blessed is our God, always, now and ever, and unto the ages of ages.

*Reader:* Amen.

*Priest:* O Heavenly King....

*Reader:* Holy God, Holy Mighty, Holy Immortal: have mercy on us *Thrice*.

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, Pardon our iniquities. Holy God, visit and heal our infirmities for thy Name's sake.

Lord, have mercy *(3X)*.

Glory to the Father, and to the Son, and to the Holy Spirit: now and ever, and unto ages of ages. Amen.

Our Father, who art in the heavens, hallowed be thy Name; thy kingdom come; thy will be done on earth, as it is in heaven. Give us this day our daily bread; and forgive us our debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

*Priest:* For Thine is the kingdom, and the power, and the glory, of the Father, and of the Son, and of the Holy Spirit: now and ever, and unto ages of ages. Amen.

*Reader:* Amen.

*The Apolytikion and Kontakion of the Saint are chanted, followed by the Prayer, and the Priest concludes with the Short Dismissal.*

*Although some have seen this service only in relation to the Great Martyr and Wonderworker Phanourios, in fact, it is the tradition to offer either bread or Kolyva in this way for any Saint to whom the faithful wish to beseech intercessory prayers, especially on the day of the Saint's commemoration.*

Edited from a text kindly provided by St. Gregory Palamas Monastery, Etna, CA 96027-0398.